Psychology: Grade 10 Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Video Response Guide: The Brain

1. Explain what happened to the man’s taste as he came closer to death.

2. Why don’t animals eat chili peppers?

3. Why did humans evolve to the point of eating chili peppers?

4. Name two other foods that humans often eat even though these foods would typically be considered inedible by other animals.

5. What does your brain do when starvation begins?

6. In scientific studies what was found regarding rats and their diets?

7. What does calorie restriction seem to do to humans?

8. What does the brain tell the body to do when we are desperate for fuel (food)?

9. How long did the lost cave explorer live without food and what was the result on his body?

10. How does the human body cool itself?

11. Explain the purpose of sleep for our brains.

12. What will your brain do if you are in dire need of sleep?

13. What part of the brain stays alert even when we are asleep?

14. Explain what happens with our brains when we dream.

15. What do dreams have to do with our memories?

16. What does this information tell you about sleep and studying?

17.Give two examples of people whose dreams led to great ideas.

18. Explain “lucid dreaming.”